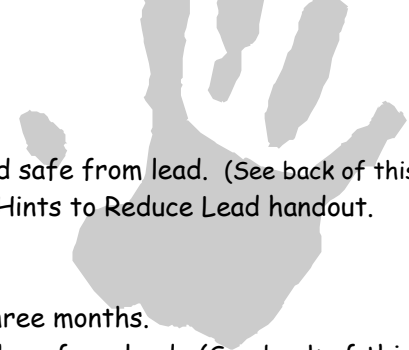


Your Child's Blood Lead Level

*Lead can cause damage before any signs show. That's why blood lead tests are so important.
Blood lead levels are measured in "micrograms" of lead per "deciliter" of blood, or "µg/dL."*

Child's Name: _____ Blood lead level _____ Date: _____





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- ▣ Less than 5 No action is taken unless exposure sources change.
Continue to test yearly.
 - ▣ 5-14 Retest within 3 months.
Feed your child a healthy diet and help keep your child safe from lead. (See back of this page)
Reduce lead in your child's environment. See Helpful Hints to Reduce Lead handout.
 - ▣ 15-19 Confirm with a venous blood lead test within one to three months.
Feed your child a healthy diet that will help protect them from lead. (See back of this page)
Reduce lead in your child's environment. See Helpful Hints to Reduce Lead handout.
 - ▣ 20-24 Confirm with a venous blood lead test within 2 weeks.
Feed your child a healthy diet that will help protect them from lead. (See back of this page)
Reduce lead in your child's environment. See Helpful Hints to Reduce Lead handout.
 - ▣ 25-44 Confirm with a venous blood lead test within 1 week.
Take your child for a medical exam.
Feed your child a healthy diet that will help protect from lead. (See back of this page)
Reduce lead in your child's environment. See Helpful Hints to Reduce Lead handout.
 - ▣ 45-69 Confirm with a venous blood lead test IMMEDIATELY:
Take your child for a complete medical evaluation immediately.
Reduce lead in your child's environment. See Helpful Hints to Reduce Lead handout.
 - ▣ 70 or above **A MEDICAL EMERGENCY.**
Get immediate medical treatment.
Contact local health department or the Kansas Childhood Lead Poisoning Prevention
Program to identify the lead hazards in your child's environment.

For more information contact:
Your Medical Provider, Health Department
or

The Kansas Childhood Lead Poisoning Prevention Program
1-866-865-3233
lead@kdhe.state.ks.us
www.unleadedks.com

A HEALTHY DIET CAN HELP PREVENT LEAD POISONING

ENCOURAGE YOUR CHILD TO EAT REGULARLY.
At least 3 times a day.
A full stomach is less likely to absorb lead.

Recommendations		Good sources or foods to avoid
	Eat Foods High in iron and protein	<p>Good sources include:</p> <ul style="list-style-type: none"> • lean red meats, chicken and fish • leafy green vegetables (spinach and broccoli) • dried beans, peas and lentils • dried fruits (raisins, prunes and apricots)
	Eat Foods High in vitamin C	<p>Good sources include:</p> <ul style="list-style-type: none"> • citrus fruits and juices • tomatoes • raw cabbage, broccoli and greens • potatoes and sweet potatoes
	Eat Foods High in calcium	<p>Good sources include:</p> <ul style="list-style-type: none"> • milk, cheese and yogurt • leafy green vegetables • salmon and sardines
	Avoid foods high in fats and oils	<p>Avoid these foods:</p> <ul style="list-style-type: none"> • fried foods such as, french fries, fried chicken and potato chips • pastry, cakes and other baked goods • butter, oil and lard • hamburgers, bologna, salami, hot dogs and bacon

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